



Better Health Begins With You!

EZI AHU IKE NA-EBIDO NAGI

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

Rie oke isi ma obu iri na otu nime nri ndia: achicha, uka, osikapa na ndi ozọ kwa ubochi. dika, Rie odudu na ututu Rie achicha na obere anụ na ehie Rie kwa osikapa na-abali

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

Rie nkpuru osisi na akwukwo nri kwamgbe, kwamgbe. N'eri ji na agwa na abali. Nuo nmiri Oroma mgbe irisiri nri.

3. Drink at least 8 glasses of pure, fresh water every day.

Nua iko nmiri asato kwa abochi

4. Eat lean, low-fat meats, such as chicken or fish.

Na-eri anu neenweghi abuba dika azu ma-obu anu okuko.

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

Zapu abuba obula no na nmiriaraehi tupu i nuo ya.

6. Limit your intake of sweets and alcoholic beverages.

Wetue aka niri ihe di utu ma obu nmanya naba nanya.

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

Tinye aka na ihe gbasara ahu isi ike kwa abochi. Ga ogorogo ije, gbaa egwu, ma obu gwue egwu.

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

Were nmanu sina nkpuru osisi na esi nri.

Igbo Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

